

## Seeded squash, pomegranate and za'atar spices

Serves 4

1 medium squash (any seeded variety will do) cut into chunks

A little olive oil

1 heaped tbsp poppy seeds

1 heaped tbsp sesame seeds

1 tsp fennel seeds bashed up a bit in a pestle & mortar

1 tsp dried chilli flakes

1 tsp ground cinnamon

Sea salt & freshly ground black pepper

2 red chicory or a head of radicchio

1/2 a pomegranate

A few sprigs of mint 2 tbsps balsamic vinegar

For the dressing

2 medjool dates, pitted

2 tbsps olive oil

Juice of 1/2 a lemon

Preheat your oven to 220c/fan 200c/gas 7

Tumble the squash onto a baking tray, add a splash of oil and scatter the poppy seed, sesame and fennel seeds, chilli flakes and cinnamon. Season with salt & pepper and toss together to coat in the seedy spices. Cover with foil and put into the oven for 40 minutes.

Meanwhile, shred the chicory or radicchio and put the pomegranate seeds into a big bowl. Then roughly chop the mint and add that too. Mash up the dates in a bowl with a fork, then add the rest of the dressing ingredients and mix well.

After 40 minutes remove the foil from the baking tray, check that it is yielding and tender, then pop it back into the oven without the foil for 10 minutes to crisp up a bit.

Take the squash out of the oven and add it to the bowl. Drizzle over the dressing and toss everything together. For a really hearty meal, serve this with flatbreads and some more green leaves. Sometimes a bit of feta can be nice on the top of this salad.

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